

Be Positive **100 Reasons to Be Encouraged**

GROUP CHAT

Key Scriptures

"I have heard all this before. What miserable comforters you are! Won't you ever stop blowing hot air? What makes you keep on talking? I could say the same things if you were in my place. I could spout off criticism and shake my head at you. But if it were me, I would encourage you. I would try to take away your grief." Job 16:2-5 NLT

The tongue has the power of life and death ... Proverbs 18:21 NIV

But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness. Hebrews 3:13 NIV

David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him. But David found strength in the LORD his God. ... Then David asked the LORD, "Should I chase after this band of raiders? Will I catch them?" And the LORD told him, "Yes, go after them. You will surely recover everything that was taken from you!" 1 Samuel 30:6, 8 NLT

... but David encouraged himself in the LORD his God. 1 Samuel 30:6 KJV

Discuss these questions with someone—maybe a family member, friend, or member of your LifeGroup. Use a communication method that works best for your situation.

Start talking. Find a conversation starter for your group.

- How has someone encouraged you recently?
- How do you like to encourage others?

Start thinking. Ask a question to get your group thinking.

- Do you ever find it difficult to encourage others? What are some reasons you might not encourage someone?
- Our words have the extraordinary power to give life, build faith, and offer hope. How might your words change if you took that knowledge to heart?
- Have you ever found strength in God when you were facing a battle? How did God encourage you?

Start sharing. Choose a question to create openness.

- What are some ways you can use the gifts God has given you to encourage others this week?
- Are you in need of encouragement? How can you reach out to God and others for the strength you need to go forward?

Start praying. Be bold.

Father, thank You for everything You do to support us and encourage us in the battles we face. Help us to seek You when we're in need of help and to use our words and our actions to encourage the people around us. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- Send an encouraging text/email to 5 people this week.
- Make your own list of 100 things that you appreciate about yourself.